

## Healthy Living Programs through Anthem Blue Cross

**Rewards Program:** PERS Select/Choice/Care health plans have an incentive program to encourage their members to take the online health risk assessment called MyHealth Assessment. The health risk assessment is a questionnaire that captures the member's lifestyle habits and health history. Once completed, it gives the member a report outlining how they stack up health wise. Members can take the MyHealth Assessment at: [www.anthem.com/ca/calpers](http://www.anthem.com/ca/calpers).

Any PERS Select member who completes the online assessment will be awarded a \$100 debit card. The rewards will be limited to one per family. Also, any CalPERS PPO member (Select, Choice or Care) who completes the online Health Assessment will be entered into a monthly drawing for a \$250 debit card (20 total per month).

The rewards will be limited to one per family. All debit cards spend like cash and can be used at any location that accepts debit cards.

### Save money with SpecialOffers at Anthem Blue Cross

#### Family & Home

**Babystyle®** — Save 15% on everything needed for mother and baby, including maternity must-haves, nursery essentials, baby gear and more. Call 877-378-9537.

**American Baby® Magazine** — Receive a free subscription to the magazine that takes you through pregnancy and beyond.

**Safe Beginnings®** — Baby proof your home while saving 20% on everything from safety gates to outlet covers. Call 800-598-8911.

**SeniorLink** — Save 15% on elder care advisory services and receive 90 days free service on the HelpLink Emergency Response System to help care for an aging family member. Call 866-797-2336.

**Dynamic-Living.com** — Make living at home a little easier with unique daily living aids, and receive a 5% discount on every order. Call 888-940-0605.

**Barnes & Noble.com** — Browse an online library of selected health and wellness titles, and save 5% on your order along with free standard shipping on all orders over \$25. See website for details.

#### Fitness & Health

**Jenny Craig®** — Join Jenny Craig and receive a free 30-day trial, 50% off the 6-month program and 20% off the Jenny Rewards program. Call 800-96JENNY.

**Weight Watchers®** — Take \$10 off a 3-month subscription to Weight Watchers Online.

**Lindora Lean for Life®** — Save 20% on weight loss programs and 10% on weight loss-related products. Call 800-LINDORA.

**GlobalFit™** — Shape up and get fit with membership discounts to local, regional and national fitness clubs.

**SelfHelpWorks** — Join a SelfHelpWorks online weight loss, smoking cessation, stress or alcohol management program and receive a 30 day free guest pass and a 30% discount. Call 877-719-9860.

**ChooseHealthy™** — Take the alternative path with discounts on health and wellness products, fitness club memberships, visits to massage therapists, acupuncturists, and more.

## **Medicine & Treatment**

**drugstore.com™** — Save 5% on health, beauty, wellness and personal care products, along with free shipping on orders of \$49 or more.

**National Allergy Supply** — Save 15% on mattress encasings, air filtration products, compressors and other products that can help relieve your allergy, asthma and sinus symptoms. Call 800-522-1448.

**Lauren's Hope** — Save 10% on medical ID bracelets that combine safety with style. Call 800-360-8680.

## **Vision, Hearing & Dental**

**HearPO** — Save 40% on digital hearing aids, audiology services and testing. Call 888-HEARING.

**Davis Vision** — Save on routine eye examinations, eyeglasses, and contact lenses through the Davis Vision network. Call 877-92-DAVIS.

**EyeMed** — Save 30% on eyeglasses, 20% on non-prescription sunglasses and enjoy discounted prices on accessories.

**TruVision™** — Pay just \$895 to \$1895 per eye on LASIK laser vision correction and receive discounts of 15-20% and free shipping on contact lense orders. Call 877-582-2020.

**We've just scratched the surface here. Go to [anthem.com/ca](https://anthem.com/ca) for specific information on all these SpecialOffers and more.**

Vendors and offers are subject to change without notice. Anthem Blue Cross does not endorse and is not responsible for the products, services or information provided by the SpecialOffers vendors. Arrangements and discounts were negotiated between each vendor and Anthem Blue Cross for the benefit of our members. All other marks are the property of their respective owners. All of the offers in the SpecialOffers program are continually being evaluated and expanded so the offerings may change. Any additions or changes will be communicated on our website, [anthem.com/ca](https://anthem.com/ca). These arrangements have been made to add value for our members. Value-added products and services are not covered by your health plan benefit. Available discount percentages may change or be discontinued from time to time without notice. Discount is applicable to the items referenced. ®360° Health is a registered trademark. Anthem Blue Cross is the trade name of Blue Cross of California.